

Mesquite Recipes Provided by Slow Food Phoenix (www.slowfoodphoenix.org)

Mesquite Brownies (or these make great cookies) compliments of Linda McKittrick, Tucson

1 cup Mesquite flour
1 ½ cups whole wheat flour
2 teaspoons baking powder
1 teaspoon salt
1 cup brown sugar
2 teaspoons vanilla
3 eggs
1 stick butter (non salted)
½ cup - 1 cup chocolate chips
½ cup walnuts/pecans

NOTE: depending on the type of mesquite flour you use you may have to add water. I have noticed that the NSS flour requires almost ¼ of a cup; some of the finer mesquite flours require less, so you will have to experiment.

Preheat oven to 375 degrees

Blend butter and sugar well, then the vanilla and finally the eggs.
Stir all the dry ingredients together - then add slowly to the wet mixture.
Add chocolate chips and nuts.

Put in a lightly oiled glass pan and bake about twenty-five or so minutes until done, or until lightly brown on top.

Mesquite Cookies compliments of the Desert Botanical Garden

¾ cup margarine or oil
¾ cup sugar
½ cup mesquite flour
1½ cup regular flour
2 eggs

- Preheat oven to 375°F
- Cream sugar and margarine or oil
- Add eggs and mix well
- Sift dry ingredients and blend in
- Bake on a cookie sheet for 8 to 10 minutes

* Please make them very small - the size of a quarter!!! Each batch makes 150 cookies

Plum, Prickly Pear and Mesquite Crumble, compliments of Barbara Fenzl, *Seasonal Southwest Cooking*

The fruit of the prickly pear is called a tuna, and the flesh is a gorgeous magenta color. It brightens this dish and pairs beautifully with the plums. The topping contains mesquite powder, or flour, which is made from pulverized pods of the mesquite tree. It is available at specialty and health food stores or from Native Seed Search. My choice of ice cream with this crumble would be cinnamon or butter pecan.

½ cup water
½ cup sugar
1 cinnamon stick
1 teaspoon vanilla bean paste or 1 vanilla bean split open
2 pounds plums (about 8 to 10), pitted and sliced
4 prickly pear tunas

CRUMBLE

½ cup flour
½ cup mesquite flour
1 cup quick cooking oatmeal
1/3 cup packed brown sugar
¼ teaspoon ground cinnamon
1/8 teaspoon freshly ground nutmeg
8 tablespoons (1 stick) unsalted butter, cut into pieces and chilled

In a large saucepan over medium-high heat, combine the water, sugar, cinnamon stick, and vanilla. Cook, stirring, until the sugar is dissolved, about 3 minutes. Stir in the plums and set aside.

Carefully remove the skins from the prickly pear tunas as they may still have some stickers in them. Put in the peeled fruit in a food processor and puree. The mixture will not be completely smooth as the hard black seeds will still be present. Strain the mixture into the pan with the plums. Remove the cinnamon stick and the vanilla bean, if using, from the saucepan and discard. Spoon the fruit mixture into a 7 x 11-inch baking pan and set aside.

Preheat oven to 350 degrees F. To prepare the crumble, in a medium bowl, mix together the flours, oatmeal, sugar, cinnamon, and nutmeg. With a fork or with your hands, work the butter into the mixture until it resembles coarse meal. Spoon onto the fruit mixture and bake until top is crisp and plums are softened, about 45 minutes. Cool for at least 30 minutes. Spoon into bowls or onto plates and top with your favorite ice cream, if desired.

Sources for Mesquite Products

Local Mesquite Flour:

Native Seed/SEARCH
Smokie's Southwest Harvest

www.nativeseeds.org
www.k-bartrading.com

Imported Mesquite Flour:

San Pedro Mesquite Company
Cocina de Vega

www.spmesquite.com
www.cocinadevega.com
(also available at Kokopelli's Kitchen and the
Desert Botanical Gardens)

Mesquite Candy and Syrup:

Cheri's Desert Harvest

www.cheridesertharvest.com

Mesquite Bean Mix:

Kokopelli's Kitchen

www.kokopelliskitchen.com

Mesquite Honey

McClendon's Select
Sphinx Date Ranch

www.selectorganics.com
www.sphinxdateranch.com (3039 S. Scottsdale Rd)